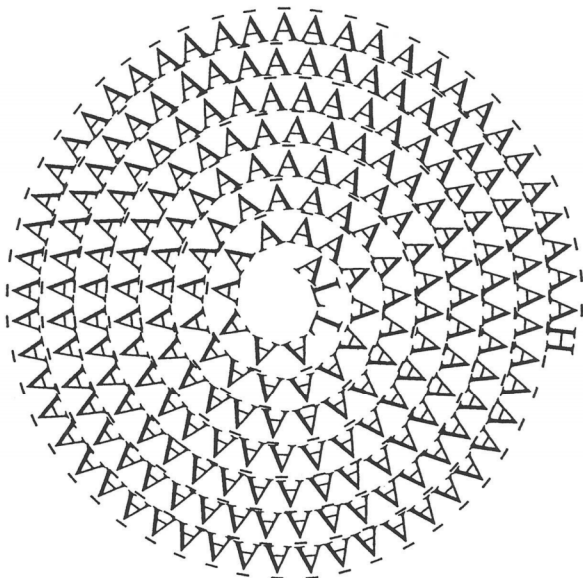


Sound Practice



The Shādhūlī School
Green Mountain
Virginia

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

BISMI-LLĀHI-R-RAḤMĀNI-R-RAḤĪM

In the Name of Allāh, The Mercy Full, The Mercy Bestowing

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ . الرَّحْمَنِ الرَّحِيمِ

AL-ḤAMDU-LI-LLĀHI RABBI-L-ĀLAMĪN • AR-RAḤMĀNI-R-RAḤĪM

*Praise to Allāh, Sustaining Lord of the Worlds,
The Mercy Full, The Bestower of Mercy*

مَلِكِ يَوْمِ الدِّينِ

MĀLIKI YAWMI-D-DĪN

Master of the Day of Requital

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

ʾIYYĀKA NAʿBUDU WA ʾIYYĀKA NASTAʿĪN

To You our worship — and to You our petitions

أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

ʾIHDINĀ-Ṣ-ṢIRĀṬA-L-MUSTAQĪM

Guide us on the Straight Path

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ
غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

ṢIRĀṬA-L-LADḥĪNĀ ʾANʿAMTA ʿALAYHIM
GḥAYRĪ-L-MAGḥḌŪBĪ ʿALAYHIM WA LĀ-Ḍ-ḌĀĀʿALLĪN

*The Path of those upon whom You have bestowed blessings
not that of those upon whom is Your Wrath or who are astray.*

أَمِينَ

ĀĀĀMĪN

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

LĀĀ'ILĀHA 'ILLĀ-LLĀHU WAḤDAHU LĀ SHARĪKA LAH •
LAHU-L-MULKU WA LAHU-L-ḤAMDU
WA HUWA 'ALĀ KULLI SHAY'IN QADĪR •

{1x}

There is no deity other than Allāh the One without a partner.
His is the Dominion and to Him is the Praise and He has Power over all things.



LĀĀ'ILLĀHA 'ILLĀ-LLĀH
{11-33-99x}

اَللّٰهُمَّ اِنَّا نَتَوَجَّهُ مُسَافِرِيْنَ بِارَواحِنَا
إِلَى حَضْرَةِ قُدْسِكَ بِسِرِّ: اِسْمِكَ الْعَظِيْمِ الْاَعْظَمِ

ALLĀHUMMA 'INNĀ NATAWAJJAḤU MUSĀFIRĪNA BI-'ARWĀḤINĀ-
'ILĀ ḤAḌRATI QUDĀSIKA BI-SIRRI 'ISMIKA-L-'ADḤĪMI-L-'A'DḤĀM

Oh Allāh. We orient our selves that we may travel in our spirits
to Your Holy Presence by the Secret of Your Most Exalted Sublime Name.



ALLĀĀĀĀĀĀH
{11-33-99x}

هُوَ اللَّهُ رَبُّنَا حَاضِرٌ لَا يَغِيبُ أَبَدًا
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ

HUWA-LLĀHU RABBUNĀ HĀDIRUL-LĀ YAGḥIBU ʾABADĀ •
HUWA-LLĀHU-L-LADḥĪ LĀĀ ʾILĀHA ʾILLĀ HUW

He is Allāh, our Lord — present and never absent
He is Allāh that there is no other than He.



HUUUUUUUW
{7-11-33-99x}

دَائِمُ الْوُجُودِ • تُحْيِي وَ تُمِيتُ •
وَ أَنْتَ حَيٌّ لَا تَمُوتُ أَبَدًا • أَنْتَ اللَّهُ رَبُّنَا

DĀʾIMU-L-WUJŪDĀ • TUḥYĪ WA TUMĪT •
WA ʾANTA ḤAYYUL-L-LĀ TAMŪTU ʾABADĀ • ʾANTA-LLĀHU RABBUNĀ

Eternally Existing—You give life and You give death —
You are Living and You never die — You are Allāh, our Lord.



HAYYYYYYY
{7-11-33-99x}

دَائِمُ الْقِيَامِ بِتَدْبِيرِ شُؤْنِ خَلْقِكَ،
بِقُدْرَتِكَ وَكَرَمِكَ وَرَحْمَتِكَ أَنْتَ اللَّهُ رَبُّنَا

DĀ'IMU-L-QIYĀM BI-TADĀBĪRI Sh'ŪNI KhALQIH •
BI-QUDĀRATIKĀ WAKĀRAMIKĀ WA RAḤMATIKĀ •
'ANTA-LLĀHU RABBUNĀ

Eternally Everlasting — You manage the affairs of Your creation
by Your Power and Your Generosity and Your Mercy — You are Allāh, our Lord.



QAYYŪŪŪŪŪMMMMMM
{7-11-33x}

تُحِيطُ بِالْكَوْنِ وَمَا فِيهِ، تُحِيطُ وَتَعْلَمُ
السَّرَائِرَ مَا خَفِيَ مِنْهَا وَمَا هُوَ ظَاهِرٌ. أَنْتَ اللَّهُ رَبُّنَا

TUHĪTU BI-L-KAWNI WAMĀ FIH • TUHĪTU WA TĀLAMU-S-SARĀ'IRA MĀ
KhĀFĪ MINHĀ WA MĀ HUWA DhĀHIR • 'ANTA-LLĀHU RABBUNĀ

You encompass every thing that is and all that is in it.
You encompass what is hidden in the secrets and what appears from out of them —
You are Allāh, our Lord.



MUHĪHHHHHHĪṬĀ
{7-11-33x}

يَا مَنْ أَنْتَ فِي عُلُوكَ قَرِيبٌ،
بَلْ أَقْرَبُ إِلَيْنَا مِنْ حَبْلِ الْوَرِيدِ، أَنْتَ اللَّهُ رَبُّنَا

YĀ MAN ḌANTAFĪ ʿULUWWIKA QARĪBā •
BAL ḌAQĀRABU ʿILAYNĀ MIN ḤABĪLI-L-WARĪDā • ḌANTA-LLĀHU RABBUNĀ

Oh You who in Your Exalted Sublimity is Near.
Nearer than our jugular vein — You are Allāh, our Lord.



QARĪBĀ
{7-11-33x}

تُجِيبُ الْمُضْطَرَّ إِذَا دَعَاكَمُ وَ تَكْشِفُ السُّوءَ
يَا نَعَمَ الْمُجِيبُ، أَنْتَ اللَّهُ رَبُّنَا

TUJĪBU-L-MUḌṬARRA ḌIDḥĀ DAʿĀHU WATAKSHĪFU-S-SŪʾ •
YĀNIʿMAL-MUJĪBā • ḌANTA-LLĀHU RABBUNĀ

You answer the desperate one if he calls You — You erase the evil.
Oh Most Gracious Respondent — You are Allāh, our Lord.



MUJĪBĀ
{7-11-33x}

اَللّٰهُمَّ اِنِّىْ اَسْأَلُكَ حُبَّكَ وَ حُبَّ مَنْ يُحِبُّكَ
وَّ اَلْعَمَلَ الَّذِى يُبَلِّغُنِىْ حُبَّكَ
اَللّٰهُمَّ اَجْعَلْ حُبَّكَ اَحَبَّ اِلَىَّ مِنْ نَفْسِىْ وَ اَهْلِىْ وَ بَلَدِىْ
يَا مُقَلِّبَ الْقُلُوْبِ فَاَمَحُ مِنْ قَلْبِىْ مَحَبَّةَ غَيْرِكَ
وَ حُلَّ بَيْنِىْ وَ بَيْنَ غَيْرِكَ وَ لَا تَحُلْ بَيْنِىْ وَ بَيْنَكَ

ALLĀHUMMA ʾI NNĪ ʾASʾĀLUKA ḤUBBAKA WAḤUBBA MAʾNY-YUḤIBBUK
WA-LʾAMALA-L-LADḤĪ YUBALLIGHUNĪ ḤUBBAK • ALLĀHUMMA-Jā-ʿAL
ḤUBBAKA ʾHABBA ʾILAYYA MIN NAFSĪ WA ĀHLĪ WA BALADĪ • YĀ
MUQALLIBU-L-QULŪBI FĀMHU MIN QALBĪ MAHABBATA GhĀYRIK • WA
ḤUL BAYNĪ WA BAYNA GhĀYRAKA WA LĀ TAḤUL BAYNĪ WA BAYNAK •

Oh Allāh, I beseech You for Your Love and the Love of those who love You
and deeds that would cause me to be enriched by Your Love.
Oh Allāh, make Your Love more dear to me that my self and my family and my country.
Oh Changer of hearts, remove from my heart the love of anything but You.
And come between me and anything other than You
and let nothing come between me and You.



YĀ WADŪDŪŪŪŪŪDā
{7-11-33x}

يَا وَدُودُ اَزِلْ عَنِ الْقَلْبِ سِتَارِىْ وَ اَسْمَعْ نِدَائِىْ وَ اَفْتَحْ قَلْبِىْ
بِنُورِكَ يَا مَنْ تُحِبُّ هَؤُلَاءِ الْمُنْكَسِرَةَ قُلُوْبُهُمْ مِنْ اَجْلِكَ
اَنْتَ اَللّٰهُ رَبَّنَا

YĀ WADŪDU ʾAZIL ʿANI-L-QALBI SITĀRĪ WAS-MAʿ NADĀʾĪ WA-F-TAḤ QALBĪ
BI-NŪRIKA- YĀ MAN TUḤIBU HĀʾULĀĀʾI-L-MUNKASIRATI QULUBUḤUM
MINʾAJĀLIK • ʾANTA-LLĀHU RABBUNĀ

Oh Beloved, make the veil on my heart to vanish,
hear my cry and open my heart with Your Light.
Oh You Who love those whose hearts are broken for Your sake —
You are Allāh, our Lord.

ALLĀHUMMA-JĀ-‘AL LĪ NŪRĀN FĪ QALBĪ WAFĪ QABĀRĪ •
WĀNŪRAN MIM BAYNA YADAYYA WĀ NŪRAN MIN KĤALFĪ •
WĀNŪRAN ‘AN YAMĪNĪ WĀNŪRAN ‘AN ŠĤ-ŠĤIMĀLĪ •
WĀ NŪRAN MIN FŌWQĪ WĀ NŪRAN MIN TAĤTĪ •
WĀ NŪRAN FĪ SAM‘Ī WĀNŪRAN FĪ BAŠARĪ •
WĀNŪRAN FĪ ŠĤA-‘RĪ
WĀ FĪ BASHARĪ WĀ FĪ LAĤMĪ WAFĪ DAMĪ WĀ FĪ ‘IDĤĀMĪ •

Oh Allah, make Light in my heart and Light in my grave,
and Light before me and Light behind me and Light on my right and Light on my left,
and Light from above me and Light from below me,
And Light in my hearing and Light in my seeing,
And Light in my hairs and in my skin and in my flesh and in my blood and in my bones.



YĀ NŪŪŪŪŪŪŪR
{7-11-33x}

ALLĀHUMMA-ṬINĪ NŪRAÑW-WA-ḌḥIM LĪ NŪRAÑW-WA-Jā-ʿAL LĪ NŪRĀ:
WA ZIDNĪ NŪRAN YĀMAN HUWANŪRUN ʿALĀ NŪR •

Oh Allāh, grant me Light and make vast my Light and make me to be Light.
Enlighten me oh You Who are Light upon Light.

نَسْأُ لَكَ اَللّٰهُمَّ
 يَا مُحِيطُ يَا قَرِيبُ يَا مُجِيبُ يَا رَحِيْمُ يَا وَدُوْدُ،
 اَنْ تَشْفِيَنَا مِنْ جَمِيعِ اَمْرَاضِنَا وَهُوْمِنَا وَ اَحْزَانِنَا،
 وَمِنْ كُلِّ سِحْرِ وَ حَسَدٍ، وَمِنْ كُلِّ شَرٍّ اَصَابَنَا،
 وَمِنْ صَدَا الْقُلُوْبِ وَ اَلْغَفْلَاتِ،
 وَمِنْ كُلِّ حِجَابٍ يَحْجُبُنَا عَنْ اَنْوَارِكَ وَ اَمْدَادِكَ وَ رَحْمَتِكَ.
 فَلَا شِفَاءَ اِلَّا شِفَاؤُكَ

NAS'A LUKA-LLĀHUMMA
 YA MUHĪTU YĀ QARĪBU YĀ MUJĪBU YĀ RAHĪMU YĀ WADŪDā •
 ʾAN TASHĪFINĀ MIN JAMĪʿI ʾAMRĀDINĀ WA HUMŪMINĀ WA ʾAḤZĀNINĀ •
 WA MIN KULLI SIHRI WAḤASADā • WA MIN KULLI SHARRI ʾAṢĀBANĀ •
 WA MIN ṢADĀ-L-QULŪBI WA-L-GḥAFALĀT •
 WA MIN KULLI ḤIJĀBIŶY-YAḤJUBUNĀ
 ʿAN ʾANWĀRIKA WA ʾAMDĀDIKA WA RAḤAMĀTIK •
 FA-LĀ SHĪFĀʾA ʾILĀ SHĪFĀʾUK •

We beseech You Oh Allāh,
 Oh All-Encompassing, Oh Near, Oh Who Answers, Oh Mercy Full, Oh Love.
 Cure us from all our sicknesses and worries and sorrows,
 and from all magic and envy
 and evil that may befall us.
 And from a rusting heart and heedlessness.
 And from all veils that veil us
 from Your Lights and Your Support and Your Merciful Compassion.
 There is no healing but Your Healing.



YĀSHĀFĪ
 {7x}

اَللّٰهُمَّ فَتَحَتْ لَنَا اَبْوَابَ الطَّافِكَ الْخَفِيَّةِ اَلْمَانَعَةِ
حُصُونَهَا مِنْ كُلِّ بَلِيَّةٍ • يَا مَنْ يَقُولُ لِلشَّيْءِ كُنْ فَيَكُونُ

ALLĀHUMMA FATAH AT LANĀ 'ABĀWĀBA 'ALTĀFIKA-L-KHAFIY YATI-L-
MĀN'ATI-ḤUṢŪNUHĀ MIN KULLI BALIY YAH •
YĀ MA'NY-YAQŪLU LI-Sh-ShAYIN KUN FAYAKŪN

Oh Allāh, open to us the doors of Your Hidden Infinite Tender Mercy
that shield us from every misfortune — Oh You, Who says to a thing, "Be" and it is.



YĀ LATĪF
{99x}

يَا لَطِيفُ اَللُّطْفَا اَنْتَ حَسْبِي وَ كَفَا
يَا لَطِيفُ اَللُّطْفَا اَنْتَ حَسْبِي وَ كَفَا
يَا لَطِيفُ اَللُّطْفَا اَنْتَ حَسْبِي وَ كَفَا
يَا لَطِيفُ اَلطُّفُ بِنَا يَا لَطِيفُ يَا لَطِيفُ
يَا لَطِيفُ اَلطُّفُ بِنَا يَا لَطِيفُ يَا لَطِيفُ
يَا لَطِيفُ اَلطُّفُ بِنَا يَا لَطِيفُ يَا لَطِيفُ

YĀLATĪFU-L-LUṬAFĀ 'ANTA ḤASBĪ WA KAFĀ
YĀLATĪFU-L-LUṬAFĀ 'ANTA ḤASBĪ WA KAFĀ
YĀLATĪFU-L-LUṬAFĀ 'ANTA ḤASBĪ WA KAFĀ

YĀ LATĪFU-L-ṬUF BINĀ YĀ LATĪFU YĀ LATĪF
YĀ LATĪFU-L-ṬUF BINĀ YĀ LATĪFU YĀ LATĪF
YĀ LATĪFU-L-ṬUF BINĀ YĀ LATĪFU YĀ LATĪF

Oh Most Tender of the Tender, Your Compensation suffices,
Oh Tender One, Permeate us with Tenderness, Oh So Rare, Oh So Subtle.

{3x}

— on completion read last three sūrahs —



Seoul

*Latitude = 37°34' North * Longitude = 127°00' East*

Time = GMT + 9h

*Qibla = 74°17' West
from North*